

Montag , 16.09

09:30 - 10:25

Pump
Carmen

19:05 - 20:00

Pilates
Andrea

Dienstag , 17.09

09:15 - 10:10

Functional Workout
Carmen

10:15 - 10:45

Stretching
Carmen

18:00 - 18:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Yvonne

19:05 - 20:00

Full Body Workout
Nicole

Mittwoch , 18.09

09:15 - 10:10

Rückenfit
Olivia

Donnerstag , 19.09

09:15 - 09:45

Upcon
Carmen

09:50 - 10:45

Pilates
Carmen

18:00 - 18:55

*BBP (Bauch, Beine,
Po) / Bodytone*
Sandra

19:05 - 20:00

Yoga
Annaliese

Freitag , 20.09

09:30 - 10:25

Functional Workout
Carmen

Samstag , 21.09

Sonntag , 22.09

10:00 - 10:55

Pump
Sarina